

PRE-SEPARATION CHECKLIST - SAFETY



PLANNING

- Contact 1800 Respect** for safety planning, family violence counselling support, and referrals to local supports.
- Keep some personal items in a safe place**, like a friend or family member's home.
- Engage with a family violence service** if you are concerned you are being tracked. They can sometimes organise a 'tech sweep' of cars, phones, computers and houses.
- Get legal advice** about **restraining order options** and whether you can stay in the home and make the other person leave.
- The time of separation can increase risk. If you are going to tell someone you want to leave, think about whether it is safe enough to do that in a **public place**. Sometimes you have to leave first and tell them after you are already gone.
- If you want to move out, **set up new accommodation first** before telling your ex you want to separate, if possible.



SUPPORTS & EDUCATION

- If it is an emergency, **call 000**.
- Keep communication brief, to the point, friendly and firm. Ideally make sure communication is in **writing**.
- Make sure any supports you engage are family violence and trauma informed. This includes lawyers, psychologists, doctors & counsellors.
- Increase your understanding of risk factors and the **cycle of violence**. There can be a very clear pattern of behaviour to expect, which will help you plan your next step. [Cycle of Violence](#)
- Check out the Safety Planning Checklist at 1800 Respect: <https://www.1800respect.org.au/help-and-support/safety-planning/checklist>

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